# School Wellness Policy Building Annual Progress Report

## Bismarck R-5 School District

### 2026-2027

Wellness Chairmen:
Rylie Black (School Nurse): 573-734-6111 Ext 119 Email: rgrundmann@bismarckr5.org
Brittany Conway (Food Services): 573-734-6111 Ext 104 Email: bconway@bismarckr5.org

| Wellness Goals | Fully in Place | Partially in Place | Not in Place | Steps that have been taken to implement goal and list barriers/challenges of implementation | List next steps that will be taken to fully implement and/or expand on goal |
|---|---|---|---|---|---|
| **Student Nutrition Education** | | | | | |
| 1. Nutrition education is provided to each grade level through community programs and resources. These resources give students the skills necessary to promote and protect their health. | X | | | School counselor implemented community based nutrition program. | Explore additional programs and community resources that helps promote nutrition and overall health. |
| 2. Health Education is provided to students K-12 through Physical Education courses to help educate students on nutrition to help promote a holistic and healthy lifestyle. | X | | | PE teachers implement health related lessons into PE lesson plans. | PE teachers collaborate with classroom teachers to help promote nutrition into classroom lesson planning. |
| **Physical Activity Goals** | | | | | |
| 1. Physical education classes and physical activity opportunities will be available to all students. | X | | | Physical education classes will be implemented and other physical activities will be encouraged through recess and classroom activities. | Physical education teachers will share physical activities that classroom teachers can incorporate into lesson planning. |
| 2. Physical opportunities shall be offered daily before school, during school and after school. | X | | | All staff will encourage students to be physically active before, during and throughout the school day. | Teachers will provide students with ideal physical activities that they can perform after school. |
| **Student Nutrition** | | | | | |
| 1. All food offered to students meets USDA requirements | X | | | The cafeteria offers all foods that are USDA approved. (Fresh fruits, fresh vegetables, whole grains, and dairy products) | Teachers will encourage the consumption of USDA approved foods in their classroom. |
| 2. All snacks consumed by students will be SMART snack approved | X | | | Foods that are supplied by the school will be pre-approved by food services. | All staff will be aware of SMART snacks and will implement them into the classroom setting. |

| **Other School Based Activities** | | | | | |
|---|---|---|---|---|---|
| *Integrating Physical Activity into the Classroom Setting* | | | | | |
| 1. Teachers will implement programs and resources to increase physical activity in the classroom | X | | | Teachers will implement the Go Noodle program into the classroom | Teachers will research other activities and programs to promote physical activity in the classroom. |
| *Communication with Parents* | | | | | |
| 1. The school website will provide links and information regarding wellness policy. | X | | | The school website will be updated with wellness information and policy changes. | The wellness committee will continue to update wellness policy and make sure that the website is updated accordingly. |
| 2. The school will provide parents with monthly cafeteria menus. | X | | | Food services will send lunch menus home with every student to provide parents with healthy meal options for lunch for their child. | Food services will continue to reach out to parents about menu information and find more ways to provide better communication. |
| 3. The school will post communication about wellness/food services through the school's Facebook page. | X | | | The wellness chairmen will work together to communicate wellness activities and food service information through the school's Facebook page. | The wellness committee will evaluate how to better use social media as a platform to promote wellness. |
| *Food Marketing in Schools* | | | | | |
| 1. The school will display posters with SMART snacks and USDA required foods. | X | | | The food services department will display posters with USDA required foods so that unhealthy foods are not suggested to children at school. | The food services will evaluate new ways to display healthy foods to children to help promote a healthy diet. |
| *Staff Wellness* | | | | | |
| 1. Health education materials will be provided to staff throughout the school year. | X | | | The school nurse will provide staff with health education materials throughout the school year. | The school nurse will evaluate ways to promote a healthy lifestyle for staff members. |
| 2. Community based health assessments will be made available to the staff. | X | | | The school nurse will provide the staff with community based health assessment opportunities. | The school nurse will evaluate new community based resources for staff members to utilize. |